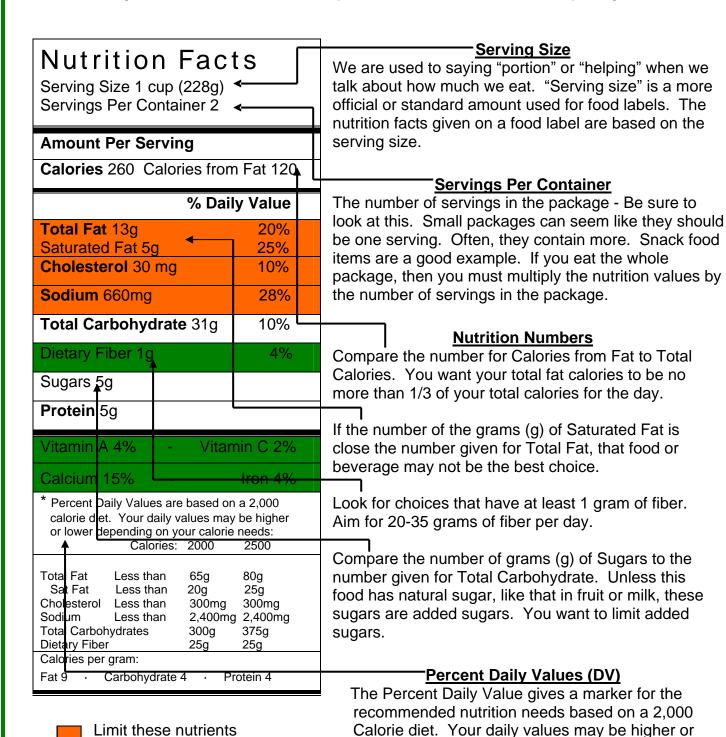
How To Read a Food Label

Reading the label will help you to make smart food choices and get the most nutrition out of your calories in order to reach your goals!





Get enough of these nutrients



lower depending on your calorie/nutrient needs. Tip - 5% DV or less is low, 20% or more is high.